

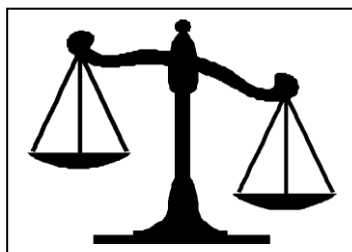
# *Rewards for Dhikr Chart*

*Compiled by*

*Umm 'Abdir Rahman Tara bint Hashim*



**If sins were as much as the  
foam on the sea...**



**Alhamdulillah fills the scales**



**Dhikr: The polish for the heart**

# Rewards for Dhikr Chart

يَا أَيُّهَا الَّذِينَ ءَامَنُوا اذْكُرُوا اللَّهَ ذِكْرًا كَثِيرًا ﴿١﴾

O You who believe! Remember Allâh with much remembrance. [Ahzaab 33:41]

The Messenger (ﷺ) said, "Shall I not tell you the best of your deeds, the nicest to Your Owner, the highest in your ranks, better for you than spending gold and silver, and better for you than meeting your enemy whereupon you strike their necks and they strike your necks?" They said, "Yes, O Messenger of Allaah (ﷺ)." He said, "The remembrance of Allaah (dhikr)."<sup>1</sup> (i.e. Dhikr is better than giving in charity, jihaad and martyrdom)

Virtue/ Reward <sup>2</sup>	Times	English Meaning	Transliteration	Arabic	
<b>Best dhikr is reading the Qur'aan. 10 rewards for each letter read. Approximately 321,180 letters x10 rewards = 3, 211, 800! Recommended to complete the reading of whole Qur'aan every month...</b>					1
1000 good deeds written or 1000 bad deeds wiped away	x 100	I declare Allaah free of all imperfections	SubhaanAllaah	سُبْحَانَ اللَّهِ	2
Sins wiped away even if they are as much as the foam of the sea.	x 100 a day	I declare Allaah free of all imperfections and may He be praised.	SubhaanAllaah wa bihamdihi	سُبْحَانَ اللَّهِ وَبِحَمْدِهِ	3
None shall come on Day of Resurrection with anything better except someone who has said the same or even more.	x100 morn & even	I declare Allaah free of all imperfections and may He be praised.	SubhaanAllaah wa bihamdihi	سُبْحَانَ اللَّهِ وَبِحَمْدِهِ	4
Palm tree planted for him in Paradise.		I declare Allaah free of all imperfections and may He be praised.	SubhaanAllaah wa bihamdihi	سُبْحَانَ اللَّهِ وَبِحَمْدِهِ	5
Palm tree planted for him in Paradise.		I declare Allaah free of all imperfections, the Mighty, and may He be praised.	* SubhaanAllaahil 'adheem wa bihamdihi	سُبْحَانَ اللَّهِ الْعَظِيمِ وَبِحَمْدِهِ	6
2 Sayings light on the tongue, heavy on the scales & beloved to the Most Merciful.		I declare Allaah free of all imperfections and may He be praised. I declare Allaah free of all imperfections, the Mighty.	SubhaanAllaah wa bihamdihi Wa subhaanAllaahil 'adheem	سُبْحَانَ اللَّهِ وَبِحَمْدِهِ وَسُبْحَانَ اللَّهِ الْعَظِيمِ	7
Fills what is between the heavens and earth		I declare Allaah free of all imperfections All praise is for Allaah	SubhaanAllaah walhamdulillaah	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ	8
Fills the scales		All praise is for Allaah	Alhamdulillaah	الْحَمْدُ لِلَّهِ	9
* 4 Most beloved phrases to Allaah * Each phrase is a Sadaqah, charity * Plants in paradise * More beloved to Prophet (ﷺ) than everything the sun has risen over * sins fall away like leaves off tree * no-one better * save person from fire; everlasting good deeds * Nothing heavier in scales		I declare Allaah free of all imperfections All praise is for Allaah. None has the right to be worshipped except Allaah. Allaah is greater than everything.	SubhaanAllaah Wal hamdulillaah  Wa laa illaaha illAllaah wAllaahu akbar	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ  وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ	10
Umm Haanee grew old, do something whilst sitting: 100 tasbeeh=freeing 100 slaves 100 tahmeed=100 horses in charity 100 takbeer=100 sacrifices 100 tahleel=fills between heaven and earth	x100 each	I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything. None has the right to be worshipped except Allaah.	SubhaanAllaah Wal hamdulillaah wAllaahu akbar Wa laa illaaha illAllaah	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَاللَّهُ أَكْبَرُ وَلَا إِلَهَ إِلَّا اللَّهُ	11
Tasbeeh, takbeer and tahleel = for each is 20 good deeds written and 20 bad deeds removed Tahmeed (alhamdulillaahi rabbil 'aalameen = 30 good deeds written and 30 bad deeds removed.		I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything. None has the right to be worshipped except Allaah.	SubhaanAllaah Wal hamdulillaah Wa laa illaaha illAllaah wAllaahu akbar	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَاللَّهُ أَكْبَرُ وَلَا إِلَهَ إِلَّا اللَّهُ	12
These phrases circulate the throne with a buzzing sound and mention the one who said them.		I declare Allaah free of all imperfections. All praise is for Allaah. None has the right to be worshipped except Allaah.	SubhaanAllaah Wal hamdulillaah Wa laa illaaha illAllaah	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ	13
* Everlasting righteous deeds  * Forgives sins even if they were as much as the foam on the sea.		I declare Allaah free of all imperfections. All praise is for Allaah. None has the right to be worshipped except Allaah. Allaah is greater than everything. There is no change or ability except with Allaah's aid	SubhaanAllaah Wal hamdulillaah Wa laa illaaha illAllaah wAllaahu akbar wa laa hawla wa laa quwwata illa billaah	سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ	14

<sup>1</sup> Tirmidhee 3377; Ibn Maajah 3790; Ahmad 195/5. *Authentic Supplications of the Prophet (ﷺ)* by Waleed K.S. Al-Essa. 1996. pg5.

<sup>2</sup> See the full ahadeeth with references on pp9-13.

* A treasure from the treasures of Paradise. * Plants in paradise. * One of the doors of Paradise. * Everlasting good deeds.		There is no change or ability except with Allaah's aid.	Laa hawla wa laa quwwata illa billah	لَا حَوْلَ وَ لَا قُوَّةَ إِلَّا بِاللّٰهِ	15
Said after the salaah. Sins forgiven even if they are as much as the foam on the sea.	x 33 x 33 x 33 x 1	I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything. None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over everything.	SubhaanAllaah alhamdulillah  Allaahu akbar laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd wa huwa 'alaa kulli shay'in qadeer	سُبْحَانَ اللّٰهِ الْحَمْدُ لِلّٰهِ اللّٰهُ اَكْبَرُ لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	16
Said after the salaah. No-one will be better than you except they do the same. (wealthy pray, fast but have excess wealth to do 'umrah, Hajj, jihaad and give in charity)	x 33 x 33 x 33	I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything.	SubhaanAllaah Alhamdulillah Allaahu akbar	سُبْحَانَ اللّٰهِ الْحَمْدُ لِلّٰهِ اللّٰهُ اَكْبَرُ	17
Said before sleep. Better than having a servant.	x 33 x 33 x 34	I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything.	SubhaanAllaah Alhamdulillah Allaahu akbar	سُبْحَانَ اللّٰهِ الْحَمْدُ لِلّٰهِ اللّٰهُ اَكْبَرُ	18
Two actions will lead to paradise. Easy but few people do them. Shaytaan makes them busy or fall asleep. Dhikr after salaah and before sleep. After salaah: 30x 5 prayers = 150 on tongue and 1500 in balance Before sleep: 100 on tongue and 1000 in balance	After salah x10 x10 x10  sleep x33 x33 x34	I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything.  I declare Allaah free of all imperfections. All praise is for Allaah. Allaah is greater than everything.	SubhaanAllaah Alhamdulillah Allaahu akbar  SubhaanAllaah Alhamdulillah Allaahu akbar	سُبْحَانَ اللّٰهِ الْحَمْدُ لِلّٰهِ اللّٰهُ اَكْبَرُ  سُبْحَانَ اللّٰهِ الْحَمْدُ لِلّٰهِ اللّٰهُ اَكْبَرُ	19
These 4 phrases outweigh a person remaining in his place of prayer from fajr until Duhaa time remembering Allaah.	x3	I declare Allaah free of all imperfections, as many times as the number of His creations, a number of times corresponding to His self-contentment, as much as the weight of His Throne and the ink of His words.	SubhaanAllaah 'adada khalqihi SubhaanAllaah ridaa nafihi SubhaanAllaah zinati 'arshihi SubhaanAllaah midaada kalimaatihi	سُبْحَانَ اللّٰهِ عَدَدَ خَلْقِهِ سُبْحَانَ اللّٰهِ رِضَا نَفْسِهِ سُبْحَانَ اللّٰهِ زِينَةَ عَرْشِهِ سُبْحَانَ اللّٰهِ مِدَادَ كَلِمَاتِهِ	20
Reward of freeing 10 slaves; 100 good deeds recorded; 100 bad deeds wiped away; Refuge from the devil until evening.	x100	None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over everything.	laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd wa huwa 'alaa kulli shay'in qadeer	لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	21
Like one who has freed 10 slaves 10 good deeds recorded; 10 bad deeds wiped away; Refuge from the devil until evening.	x10	None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over everything.	laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd wa huwa 'alaa kulli shay'in qadeer	لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	22
Like one who has freed a slave from Banee Ismaa'eel. 10 good deeds recorded; 10 bad deeds wiped away; 10 degrees raised Protected from devil until evening.	x1 morn or even	None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him, and He has full power over everything.	laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd wa huwa 'alaa kulli shay'in qadeer	لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	23
Du'aa on Safaa and Marwah		None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him. <b>He gives life and causes death</b> and He has full power over everything.	laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd <u>yuhyee wa yumeet</u> wa huwa 'alaa kulli shay'in qadeer	لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ <b>يُحْيِي وَيُمِيت</b> وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	24
Du'aa for entering the market place. 1 million rewards recorded; 1 million bad deeds wiped away; 1 million degrees raised; (A house built in jannah).		None has the right to be worshipped except Allaah alone, having no partner. Sovereignty is His and all praise is for Him. <b>He gives life and causes death</b> He is the Ever-Living and will not die. In His hand is all good. and He has full power over everything.	laa illaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd <u>yuhyee wa yumeet</u> <u>wa huwa Hayyun laa yamoot</u> <u>biyadihil khair</u> wa huwa 'alaa kulli shay'in qadeer	لَا إِلَهَ إِلَّا اللّٰهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَ لَهُ الْحَمْدُ <b>يُحْيِي وَيُمِيت</b> وَهُوَ حَيٌّ لَا يَمُوت بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ	25
Best dhikr		None has the right to be worshipped except Allaah.	laa illaaha illAllaah	لَا إِلَهَ إِلَّا اللّٰهُ	26
Best du'aa		All praise is for Allaah.	Alhamdulillah	الْحَمْدُ لِلّٰهِ	27

Master Supplication for Forgiveness  If a person dies that night or that morning after saying du'aa for forgiveness he will enter paradise.		O Allaah, You are my Lord, None has the right to be worshipped except You. You created me and I am Your servant. I am faithful to my covenant and my promise as far as I am able. I seek refuge in You from the evil that I have done, I acknowledge before You all the blessings that You have bestowed upon me and I acknowledge my sins. So forgive me for there is no-one to forgive sins except You.	allaahumma anta rabbee, laa ilaaha illaa ant, khalaqtanee wa ana 'abduka, wa ana 'alaa 'ahdika wa wa'dika mastata'tu, a'oodhu bika min sharri maa sana'tu, aboo'u laka bini'matika 'alayya wa aboo'u bi dhanbee, faghfirlee fa innahu laa yaghfirudhunooba illaa ant	اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ	28
Allaah would forgive him even if he fled during the advance of an army		I seek Allaah's forgiveness, besides whom, none has the right to be worshipped except Him, the Ever Living, the Self Subsisting and Supporter of all, and I turn to Him in repentance.	Astaghfirullaah aladhee laa illaha illa huwal Hayy al Qayyoom wa atoobu ilayh	أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَ أَتُوبُ إِلَيْهِ	29
Wealth, children, gardens and rivers [Soorah Nooh 71:10-12]. Protection from Allaah's punishment		I seek Allaah's forgiveness	Astaghfirullaah	أَسْتَغْفِرُ اللَّهَ	30
Conveyed to the Prophet (ﷺ) 10 good deeds, wipes 10 bad deeds; raises 10 degrees		* May the peace and blessings of Allaah be upon him. * O Allaah send peace and blessings upon Muhammad and his family as You sent peace and blessings upon Ibraaheem and his family. Indeed You are the Praiseworthy, the Majestic.	* SallAllaahu alayhi wa sallam  * Allaahumma salli 'alaa Muhammad wa 'alaa aali Muhammad kama sallayta 'alaa Ibraaheem wa 'alaa aali Ibraaheem Innaka Hameedum Majeed.	* صلى الله عليه وسلم  * اللهم صلي على محمد وعلى آل محمد كما صليت على إبراهيم وعلى آل إبراهيم إنك حميد مجيد	31
Allaah sends peace and blessings 10 times upon the person					32
Nothing will harm him		In the name of Allaah, in whose name nothing can harm on the earth or in the heavens and He is All Hearing, All Knowing.	Bismillaahiladthee laa yaduruhu ma' ismihi shayun fil ardi wa laa fismaa' wa huwas Samee'ul aleem.	بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ	33
Suffice a person  Last two aayaat from Soorah al Baqarah		<p>ءَاَمَنَ الرَّسُولُ بِمَا أُنزِلَ إِلَيْهِ مِنْ رَبِّهِ وَالْمُؤْمِنُونَ كُلٌّ ءَاَمَنَ بِاللَّهِ وَمَلَيْكَتِهِ وَكُتُبِهِ وَرُسُلِهِ لَا نُفَرِّقُ بَيْنَ أَحَدٍ مِنْ رُسُلِهِ وَقَالُوا سَمِعْنَا وَأَطَعْنَا غُفْرَانَكَ رَبَّنَا وَإِلَيْكَ الْمَصِيرُ ﴿٢٢٨﴾</p> <p>لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ كُنَّا ذَايِقِينَ أَوْ احْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا وَارْحَمْنَا أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٢٩﴾</p>			34
Aayatul Kursee before sleep  * Best aayah in Qur'aan. Contains Allaah's greatest name. * Allaah sends a guardian to you and no shaytaan can come near till morning. * Read after salaah – enter Paradise.		<p>اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾</p>			35
Allaah will protect you from everything.  Soorah al Ikhlās,  Soorah al Falaq,  Soorah an Naas	x3 morn & even & b4 sleep	<p>* قُلْ هُوَ اللَّهُ أَحَدٌ ﴿١﴾ اللَّهُ الصَّمَدُ ﴿٢﴾ لَمْ يَلِدْ وَلَمْ يُولَدْ ﴿٣﴾ وَلَمْ يَكُنْ لَهُ كُفُوًا أَحَدٌ ﴿٤﴾</p> <p>* قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ﴿١﴾ مِنْ شَرِّ مَا خَلَقَ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ إِذَا وَقَبَ ﴿٣﴾ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ إِذَا حَسَدَ ﴿٥﴾</p> <p>* قُلْ أَعُوذُ بِرَبِّ النَّاسِ ﴿١﴾ مَلِكِ النَّاسِ ﴿٢﴾ إِلَهِ النَّاسِ ﴿٣﴾ مِنْ شَرِّ الْوَسْوَاسِ الْخَنَّاسِ ﴿٤﴾ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ﴿٥﴾ مِنَ الْجِنَّةِ وَالنَّاسِ ﴿٦﴾</p>			36
Freedom from Shirk  Soorah al Kaafiroon		<p>قُلْ يٰٓأَيُّهَا الْكٰفِرُوْنَ لَا اَعْبُدُ مَا تَعْبُدُوْنَ ﴿١﴾ وَلَا اَنْتُمْ عٰبِدُوْنَ مَا اَعْبُدُ ﴿٢﴾ وَلَا اَنَا عٰبِدٌ مَّا عٰبَدْتُمْ ﴿٣﴾ وَلَا اَنْتُمْ عٰبِدُوْنَ مَا اَعْبُدُ ﴿٤﴾ لَكُمْ دِيْنُكُمْ وَلِيَ دِيْنِ ﴿٥﴾</p>			37

## Notes on the Meanings of Certain Phrases of Dhikr<sup>3</sup>

	Name	Arabic	Transliteration	English Meaning
1	<i>Tasbeeh</i>	سُبْحَانَ اللَّهِ	<i>subhaanAllaah</i>	I declare Allaah free of all imperfections
2	<i>Tahmeed</i>	الْحَمْدُ لِلَّهِ	<i>Alhamdulillah</i>	All praise is for Allaah
3	<i>Takbeer</i>	اللَّهُ أَكْبَرُ	<i>Allaahu akbar</i>	Allaah is greater than everything
4	<i>Tahleel</i>	لَا إِلَهَ إِلَّا اللَّهُ	<i>Laa ilaaha illAllaah</i>	None has the right to be worshipped except Allaah
5	<i>Hawqalah</i>	لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ	<i>La hawla wa laa quwwata illa billaah</i>	There is no change (from one state to another) and no ability (to do that) except with the aid of Allaah
6	<i>Basmalah</i>	بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ	<i>Bismillaahir Rahmaanir Raheem</i>	In the name of Allaah, the Most Merciful, the Especially Merciful
7	<i>Salaat on the Prophet</i>	صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ	<i>sallAllaahu alayhi wa sallam</i>	Peace and blessings of Allaah be upon the Prophet
8	<i>Istighfaar</i>	أَسْتَغْفِرُ اللَّهَ	<i>astaghfirullaah</i>	I ask for Allaah's forgiveness

### Understand and Pay Attention to Dhikr

First, it is important to mention that it is not enough to say the phrases of dhikr on your tongue without understanding the meanings or paying attention to what you are saying. This will have little benefit and no affect. To reap the fruits and achieve the benefits of the remembrance you must understand what you are saying and pay attention to what your tongue is saying (i.e not repeat phrases automatically without thinking about them).

### Four Phrases<sup>4</sup>

The best dhikr is the Qur'aan. After that come the four phrases *SubhaanAllaah*, *al hamdulillaah*, *laa ilaaha illAllaah*, *Allaahu akbar* which are also from the Qur'aan.

**Tasbeeh and Hamd** go together (salah, hadeeth, Qur'aan)

**Tahleel and takbeer** go together (adhaan, on Mounts Safaa and Marwa, Battles, on high place etc.)

**Tahleel** best out of the four phrases because of what it contains of tawheed, difference between people of paradise and Hell; no-one's Islaam is correct without it; say it before a person dies he will enter paradise; highest branch of faith. Best good deed. *Tahleel* is the foundation (*asl*) and *tasbeeh* and *hamd* are branches from *tahleel*.

All of Allaah's Names are included in these four phrases:

**SubhaanAllaah** includes His Names of tanzeeh (removing imperfections) such as al Quddoos and as Salaam.

**Alhamdulillah** includes the confirmation of the types of perfection that Allaah has in His Names and Attributes.

**Allaahu Akbar** includes exalting Allaah's greatness.

**Laa ilaaha illAllaah** means 'None has the right to be worshipped except Allaah'.

\*\*\*\*\*

### 1. Tasbeeh: SubhaanAllaah<sup>5</sup>

*Tasbeeh* negates all imperfections and anything unsuitable being attributed to Allaah such as the sayings of the *Mumaththilah* (those who say Allaah is like His creation) and the *Mu'attilah* (those who deny Allaah's Attributes) *Tasbeeh* **negates** imperfections and *tahmeed* **affirms** completeness to Allaah's attributes.

*Tasbeeh* and *tahmeed* are mentioned together in the Qur'aan.

### 2. Tahmeed: Alhamdulillah<sup>6</sup>

Allaah is '*al Hameed*' in His Self, His Names, His Attributes and His Actions. He deserves all praise and love.

Out of all the creation, Prophet Muhammad (ﷺ) was the person who praised Allaah the most and in the most complete way. Allaah will give him the flag of praise on the Day of Resurrection. He will hold it in his hand and those who praise Allaah will gather behind him and those who praised Allaah the most will be nearest to the flag.

<sup>3</sup> Notes extracted, translated and summarized by Umm 'Abdir Rahmaan from *Fiqh al Ad'iyah wal Adhkaar* by 'Abdur Razzaaq bin 'Abdul Muhsin al Badr. Vols 1-4. 1426AH/2005CE.

<sup>4</sup> P140-149, p255-258. *Fiqh al Ad'iyah wal Adhkaar*

<sup>5</sup> P180-199. *Fiqh al Ad'iyah wal Adhkaar*

<sup>6</sup> P 200-236. *Fiqh al Ad'iyah wal Adhkaar*

Those who praise Allaah in ease and in hardship and are patient with what is decreed for them will have a house in paradise called 'House of Praise. '

The Messenger (ﷺ) said, "When a servant's child dies, Allaah says to His angels, 'Have you taken (the soul) of My servant's child?' They will say, 'Yes.' He will say, 'Have you taken the apple of his eye?' They will say, 'Yes.' He will say, 'What did My servant say?' They will say, 'He praised You and said *innaa lillaahi wa innaa ilayhi raaji'oon*.' (To Allaah we belong and to Him is the return). So Allaah will say, 'Build a house in Paradise for My servant and call it 'the House of Praise'" (Saheehah 1408)

When is *hamd* required from a Muslim? It is required at all times as he is constantly enjoying Allaah's blessings apparent and hidden, in his religion and his worldly life. Allaah repels evil and harm from him. Allaah deserves praise from His servants at all times. He deserves praise due to His Great Names and perfect Attributes. There are certain situations where praising Allaah is emphasised more. For example, when starting matters, in the khutbah, in prayer, after eating and drinking, when getting dressed, after sneezing, when seeing someone afflicted with a harm, etc.

Two types of praise:

1. Praise for Allaah's good treatment of His servants, which is *shukr* (thanks).
2. Praise for what Allaah deserves Himself due to His perfect Names and Attributes and Noble descriptions.

A servant's having the correct knowledge of Allaah's Names and Attributes is the best, most complete and greatest way of fulfilling the duty of praising Allaah.

"Praising Allaah for a blessing is a greater blessing than the blessing itself."<sup>7</sup> Allaah granting a person the ability to give thanks and praise Allaah for a blessing is greater than the blessings of health, wealth, children etc.

### 3. Takbeer: Allaahu Akbar<sup>8</sup>

*Takbeer* means that Allaah is greater than everything to the servant. It is exaltation (*ta'dheem*) and reverence (*ijlaal*) of the Lord and believing that there is nothing greater (*akbar, a'dham*) than Him.

*Takbeer* is said hundreds of times a day in salaah, adhaan, during the two 'Eids, on high places etc. *Allaahu Akbar* cannot be replaced by other phrases such as *Allaah 'Adham* in the salaah. '*adham* also has the meaning of greatness but *akbar* is more complete in meaning 'greatest'. Our minds cannot comprehend Allaah's greatness. We cannot even comprehend much of the creation, so what about the Creator.

Ibn Mas'ood (رضي الله عنه) narrated that the Prophet (ﷺ) said, "Between the sky of the world and the heaven that is above that, is 500 years. Between each heaven there is 500 years. Between the seventh heaven and the Foot stool is 500 years. Between the Foot stool and the water is 500 years. The Throne is above the water and Allaah is above the Throne. Nothing is hidden from him of your actions."<sup>9</sup>

### 4. Tahleel: Laa ilaaha illAllaah<sup>10</sup>

Tahleel is the best and greatest out of the four phrases. The creation was created because of it, Messengers were sent and books were revealed. It makes the difference between the Muslim and the Kaafir, the people of Paradise and the people of Hell. It is the greatest pillar of the Religion and the most important branch of faith.

It is called by different names in the Qur'aan:

*kalimah at Tayyib* [Ibraaheem: 24];  
*al qawl ath Thaabit* [Ibraaheem:27];  
*kalimah baaqiyyah* [Zukhruf :28];  
*kalimat Tawheed; kalimat ash Shahaadah; Miftaah Dar as Sa'aadah; 'Urwatul Wuthqaa* [Luqmaan :22], [2:256];  
*kalimat at Taqwaa* [Fath :26];  
*as Sawaab* [Naba' 79:38];  
*da'watul Haqq* [Ra'd :14].

Sufyaan bin 'Uyaynah (رضي الله عنه) said, "Allaah has not given one of His servants a greater blessing than '*laa ilaaha illAllaah*'"<sup>11</sup>

<sup>7</sup> P226 *Fiqh al Ad'iyah wal Adhkaar*

<sup>8</sup> P246-254 *Fiqh al Ad'iyah wal Adhkaar*

<sup>9</sup> Daarimee in *A Refutation of the Jahmiyyah* p26-27; Tabaraani in *al Kabeer* 9/228; al Bayhaquee in *The Names and Attributes* 2/290; and others.

<sup>10</sup> P150-179. *Fiqh al Ad'iyah wal Adhkaar*

<sup>11</sup> Ibn Rajab in *Kalimatul Ikhlâs* p53.

It is the true connection which gathers the people of Islaam – *al wala' wal baraa'*, love and hate, one body, one building supporting each other.

Shinqeetee said the phrase *laa ilaaha illa Allaah* unites the Muslims and links the angels to Banee 'Adam. Eemaan in Allaah links the angels to man and makes them make du'aa for him. The connection of *laa ilaaha illa Allaah* is what links the inhabitants of the heavens (the angels) to the inhabitants of the earth:

الَّذِينَ تَحْمِلُونَ الْعَرْشَ وَمَنْ حَوْلَهُ يُسَبِّحُونَ بِحَمْدِ رَبِّهِمْ وَيُؤْمِنُونَ بِهِ وَيَسْتَغْفِرُونَ لِلَّذِينَ ءَامَنُوا رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ  
لِلَّذِينَ تَابُوا وَاتَّبَعُوا سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ ﴿٧﴾ رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ ءَابَائِهِمْ وَأَزْوَاجِهِمْ  
وُدُّرَيْتِهِمْ إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿٨﴾ وَقِهِمُ السَّيِّئَاتِ وَمَنْ تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ ۚ وَذَلِكَ هُوَ الْفَوْزُ الْعَظِيمُ ﴿٩﴾

"Those (angels) who bear the Throne (of Allâh) and those around it glorify the praises of their Lord, and believe in Him, and ask forgiveness for those who believe (in the Oneness of Allâh) (saying): "Our Lord! You comprehend all things in mercy and knowledge, so forgive those who repent and follow Your way, and save them from the torment of the blazing Fire! Our Lord! And make them enter the 'Adn (Eden) Paradise (everlasting Gardens) which you have promised them – and to the righteous among their fathers, their wives, and their offspring! Verily, You are the All-Mighty, the All-Wise. And save them from (the punishment for what they did of) the sins, and whomsoever You save from (the punishment for what he did of) the sins (i.e. pardon him) that Day, him verily, You have taken into mercy." And that is the supreme success."  
[Soorah al Ghaafir 40:7-9].

It is the best of the good deeds:

مَنْ جَاءَ بِالْحَسَنَةِ فَلَهُ خَيْرٌ مِّنْهَا وَهُمْ مِّنْ فَزَعٍ يَوْمَئِذٍ ءَامِنُونَ ﴿٨٥﴾

Whoever brings a good deed (i.e. belief In the Oneness of Allâh along with Every deed of righteousness), will have better than its worth, and they will be safe from the terror on that Day. [an Naml 27:89]

مَنْ جَاءَ بِالْحَسَنَةِ فَلَهُ خَيْرٌ مِّنْهَا ۖ وَمَنْ جَاءَ بِالسَّيِّئَةِ فَلَا يُجْزَى الَّذِينَ عَمِلُوا السَّيِّئَاتِ إِلَّا مَا كَانُوا يَعْمَلُونَ ﴿٨٦﴾

Whosoever brings good (Islâmic Monotheism along with righteous deeds), He shall have the better thereof, and Whosoever brings evil (polytheism along with evil deeds) then, those who do evil deeds will Only be required for what they used to do.  
[al Qasas :84].

In part of a hadeeth the Prophet (ﷺ) said that the best good deed is *laa ilaaha illa Allaah* (Ahmad 5/169).

Itbaan (رضي الله عنه) narrated that the Prophet (ﷺ) said, "Indeed Allaah has prohibited Hell Fire for the one who says *laa ilaaha illa Allaah* seeking Allaah's Face." (Bukhaaree 6938; Muslim 33).

There are seven conditions of *laa ilaaha illa Allaah* that must be present for it to be correct: knowledge, certainty, sincerity, truthfulness, love, compliance and acceptance.

It is not enough to simply say *laa ilaaha illa Allaah* with the tongue without accompanying it with actions.

"Whoever dies and he **knows** that *laa ilaaha illa Allaah* will enter Paradise." (Muslim 26). (This shows the need for knowledge).

*laa ilaaha illa Allaah* means that "There is no true object worthy of worship except Allaah." It is worshipping Allaah alone sincerely and avoiding the worship of *taaghoot* (false gods). It is negation and affirmation. It is distancing oneself from the worship of everything other than Allaah such as intercessors and partners. It is singling out Allaah alone for worship not simply saying it. There has to be knowledge and belief in the heart, action of the limbs and truthfulness. A hypocrite does the actions but is not truthful.

وَلَا يَمْلِكُ الَّذِينَ يَدْعُونَ مِنْ دُونِهِ الشَّفْعَةَ إِلَّا مَنْ شَهِدَ بِالْحَقِّ وَهُمْ يَعْلَمُونَ ﴿٨٧﴾

And those whom they invoke instead of Him have no power of intercession; except those who bear witness to the Truth (i.e. believed In the Oneness of Allâh, and obeyed his Orders), and they know (the facts about the Oneness of Allâh). [Zukhruf :86]

## 5. Al Hawqalah: Laa hawla wa laa quwwata illa billaah<sup>12</sup>

The Four Phrases (*SubhaanAllaah*, *alhamdulillaah*, *laa ilaaha illa Allaah*, *Allaahu akbar*) and the hawqalah (*la hawla wa laa quwwata illa billaah*) together encompass *tawheed* (worshipping Allaah alone) and *qadr* (Pre-Decree).

<sup>12</sup> P259-268. *Fiqh al Ad'iyah wal Adhkaar*

Ibn Abee Awfaa said, a man came to the Prophet (ﷺ) and said, "I cannot learn the Qur'aan, so teach me something that will suffice me. He said, *SubhaanAllaah, wal hamdulillaah, wa laa illaaha illAllaah, wAllaahu akbar, wa la hawla wa laa quwwata illa billaah...*" (Aboo Daawood 832; Nisaa'ee 2/143; Daarqutnee 1/313-314).

Aboo Hurayrah (رضي الله عنه) "Shall I inform you of a phrase which is under the throne and from amongst the treasures of Paradise? Say, '*la hawla wa laa quwwata illa billaah*.' Allaah will say, 'My servant has submitted himself in intention, action and worship. (*aslama wastaslama*)' (Haakim; Dhahabee. Saheeh). Similar narration in Fath al Baari (11/501).

A servant does not control any of his affairs. He does not have the means to repel harm or the ability to attain goodness except by Allaah's Will. A servant cannot change disobedience to obedience, sickness to health, weakness to strength, deficiency to perfection except by Allaah's Help. He does not have the ability to take care of his affairs or realize any of his goals except by Allaah's help. What Allaah Wills will happen and what He does not Will will not happen. The affairs of creation are tied to His Decree and Pre-Destination.

*la hawla wa laa quwwata illa billaah* is a weighty phrase which means being sincere to Allaah alone in asking for help. Just as the phrase of tawheed: *laa ilaaha illAllaah* means being sincere to Allaah in worship.

In Soorah al Faatihah: "*iyyaaka na'budu wa iyyaaka nasta'een*" You alone we worship (This phrase is *tawheed al ibaadah*. Distancing oneself from *shirk*) and You alone we ask for help (sincerely asking Allaah alone and referring all power and might to Allaah). Worship is the goal which is connected to Allaah's Worship (*Uloohiyyah*) and asking for help is the means which is connected to Allaah's Lordship (*Ruboobiyyah*).

Ibn Taymiyyah mentions in Istiqamah (2/81) that many people wrongly use *la hawla wa laa quwwata illa billaah* in situations of calamity and say it out of fear not out of patience. The *hawqalah* is a phrase to seek help and not a phrase of calamity (*innaa lilaahi wa innaa ilayhi raaji'oon*).

Ibn Abbaas (رضي الله عنه) defined *la hawla wa laa quwwata illa billaah* as:

"We have no ability to act in obedience except through Allaah and we have no power to leave disobedience except through Allaah."

Zaheer bin Muhammad defined it as: "You cannot take what you like except by Allaah and you cannot be prevented from what you dislike except by Allaah's help."

Ibn Taymiyyah mentions that the reason behind saying the *hawqalah* after the *mu'aththin* says 'come to prayer/come to success' is to seek Allaah's help in performing the *salaah*.

## Istighfaar and Tawbah (Asking for Forgiveness and Repenting)<sup>13</sup>

Piling up sins can be a reason why a *du'aa* is not answered. *Tawbah* on the other hand can lead to the acceptance and answering of a *du'aa*.

Yahyaa bin Mu'adh ar Raazee said, "When you make *du'aa*, do not seek to slow down the answer by blocking its path with sins." (Bayhaqi in Shu'ab al Eemaan 2/54).

Sins remove blessings and cause disasters. Alee (رضي الله عنه) said, "No calamity befalls a person except due to a sin, and it is not removed except through repentance (Ibn al Qayyim in Jawaab al Kaafi p85).

'Abdullaah bin Mas'ood (رضي الله عنه) said, "Good deeds brighten the face, are a light in the heart, an expanse in provision, strength for the body and love in the hearts of the creation. (On the other hand) bad deeds darken the face, are a darkness in the heart, a weakness for the body, a decrease in provision and cause hatred in the hearts of the creation. (Ibn al Qayyim mentioned this in Al Jawaab al Kaafi p62).

*Tawbah* leads to success. Without it a person is oppressing himself. *Tawbah* is compulsory to do immediately without delay. If a person delays *tawbah* that's another sin to repent from. There are general *du'aas* for asking forgiveness for what we know we have done wrong and also for what we do not know.

*Tawheed* (*laa ilaaha illAllaah*) removes *shirk* and *istighfaar* wipes away the rest of the stumbling blocks. All sins branch from *shirk*. *Tawheed* removes the origin of *shirk* and *istighfaar* wipes away its derivatives. (Ibn Taymiyyah in Majmoo Fataawaa 11/696-7).

Az Zubayr (رضي الله عنه) narrated that the Prophet (ﷺ) said, "Whoever wants to be pleased with his book (of account on the Last Day) should increase in saying *istighfaar* (seeking Allaah's forgiveness)." (Tabaraanee in Awsaat no. 839; Saheehah 2299).

'Abdullaah bin Busr (رضي الله عنه) narrated that the Prophet (ﷺ) said, "*Toobaa*, glad tidings are for the one who finds lots of *istighfaar* in his book (of account)."

<sup>13</sup>.Fiqh al Ad'iyah wal Adhkaar P498-510



The Prophet (ﷺ) used to ask for Allaah's forgiveness more than 70 times a day and in another narration, a hundred times a day. This was so even when he knew that his past and present sins were forgiven but he wanted to be a grateful servant.

### Virtues of Aayatul Kursee<sup>14</sup>

Aayatul Kursee is the greatest aayah in the Qur'aan. It directs you to the tawheed of Allaah, to exalt Him and praise Him. It mentions a few descriptions of Allaah, the Mighty and Majestic. It is the only aayah that contains all of these descriptions in one aayah. It contains five of Allaah's Names (Allaah, al Hayy, al Qayyoom, al 'Alee, al 'Adheem) and over 20 of Allaah's Attributes. It is also reported that it contains Allaah's Greatest Name.

\*\*\*\*\*

### Virtues of Dhikr

Ibn 'Umar (رضي الله عنه) narrated that Allaah's Messenger (ﷺ) said: "For everything there is a polish, and the polish for the hearts is the dhikr (remembrance) of Allaah. There is nothing more potent in saving a person from the punishment of Allaah than the dhikr of Allaah." It was said: Not even Jihaad in the path of Allaah. So he replied: "Not even if you were to continue striking with your sword until it breaks." (Saheehul-Jaami' no.5644).

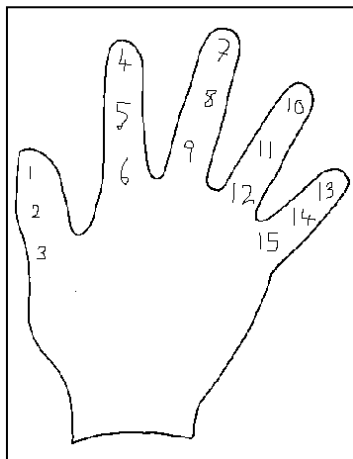
Mu'aadh ibn Jabal (رضي الله عنه) narrated that the Prophet (ﷺ) said: "The people of Paradise will not have any regrets except for those moments in which they were not engaged in the dhikr (remembrance) of Allaah." (Saheehul-Jaami' (no.5446).)

\*\*\*\*\*

### Dhikr is counted on the right hand

'Abdullaah bin 'Aamir (رضي الله عنه) said 'I saw the Prophet (ﷺ) make *tasbeeh*<sup>15</sup> with his right hand.'

### Dhikr and Maths



Count three for each finger/thumb ( $3 \times 5 = 15$ ) for one hand

- 10 = three fingers ( $3 \times 3 = 9$ ) plus one
- 33 = one hand twice ( $15 \times 2 = 30$ ) plus one finger (3)
- 34 = one hand twice ( $15 \times 2 = 30$ ) plus one finger (3) plus one (1)
- 100 = one hand 6 times ( $6 \times 15 = 90$ ) plus three fingers (9) plus one (1)

<sup>14</sup> *Fiqh al Ad'iyah wal Adhkaar*, vol.1 p81

<sup>15</sup> Here it means saying, '*subhaanAllaah, alhamdulillaah, Allaahu akbar.*'

## Du'aas for Istighfaar (Seeking Forgiveness):

Source	Transliteration	Meaning in English	Arabic	
	Astaghfirullaah	I seek Allaah's forgiveness	أَسْتَغْفِرُ اللَّهَ	1
Saheeh ibn Hibbaan 928	Astaghfirullaah wa atoobu ilayh	I seek Allaah's forgiveness and repent to Him	أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ	2
Saheehah 556	Rabbighfir lee wa tub 'alayya innaka anta attawwaabur Raheem	My Lord forgive me and accept my repentance. Indeed You are the Acceptor of Repentance, the Especially Merciful	رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ	3
Muslim 483	Allaahummaghfir lee dhanbee kullahu, diqqahu wa jallahu, khata'hu wa 'amdahu wa sirrahu wa 'alaaniyatahu, wa awwalahu, wa aakhirahu	O Allaah forgive all my sins: the small and the big, those done by mistake or intentionally, secretly or openly, the first and the last.	اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَّةً وَجَلَّةً، خَطَاةً وَعَمْدَةً وَسِرَّةً وَعَلَانِيَةً وَأَوَّلَهُ وَأَخْرَهُ.	4
Bukhaaree 834 Muslim 2705	Allaahumma innee dhalamtun nafsee dhulman katheeran wa laa yaghfirudh dhunooba illaa anta faghfir lee maghfiratan min 'indika warhamnee innaka anta al ghafoorur Raheem	O Allaah, indeed I have wronged myself greatly and no-one forgives sins except You. So forgive me and have mercy upon me, indeed You are the Oft-Forgiving, the Especially Merciful.	اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا تَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ فَارْحَمْنِي إِنَّكَ أَنْتَ الرَّحِيمُ الرَّحِيمُ	5
Abou Dawood 1517 Tirmidhee 3577	Astaghfirullaah aladhee laa illaha illa huwal Hayy al Qayyoom wa atoobu ilayh	I seek Allaah's forgiveness, besides whom, none has the right to be worshipped except Him, the Ever Living, the Self Subsisting and Supporter of all, and I turn to Him in repentance.	أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ	6
Bukhaaree 6306	allaahumma anta rabbee, laa ilaaha illaa ant, khalaqtanee wa ana 'abduka, wa ana 'alaa 'ahdika wa wa'dika mastata'tu, a'oodhu bika min sharri 10a asana'tu, aboo'u laka bini'matika 'alayya wa aboo'u bi dhanbee, faghfirlee fa innahu laa yaghfirudhunooba illaa ant	O Allaah, You are my Lord, there is no god worthy of worship except You. You created me and I am Your servant. I will follow Your contract and Your promise as much as I am able. I seek refuge in You from the evil that I have done, I acknowledge Your blessings upon me and I acknowledge my sin. So forgive me for there is no-one to forgive sins except You.	اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ	7
Ahmad 4/403	Allaahumma innee a'oodhu bika an ushrika bika wa ana a'lam wastaghfiruka lima laa a'lam	O Allaah, I seek refuge in You in case I commit shirk knowingly and I ask Your forgiveness for what I do unknowingly.	اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَأَنَا أَغْلَمُ وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ	8
Ahmad 1/170; Saheeh Tirmidhee 3/443	Laa ilaaha illa anta subhaanaka innee kuntu minadh dhaalimeen. [Soorah al Anbiyaa :87-88]	There is none worthy of worship except You. May You be free from all imperfections. Indeed I was of the wrong doers. (Du'aa of Yunus in the whale).	لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ	9
Muslim 2719	Allaahummaghfir lee khattee'atee wa 'amdee wa kullu dhalika 'indee. Allaahummaghfir lee maa qaddamtu wa maa akhkhartu wa maa asrartu wa maa a'lantu wa maa 'alam bihi minee. Antal muqaddim wa antal mu'akhkhir laa ilaaha illaa anta	O Allaah forgive me all of my mistakes and my sins. O Allaah forgive me for what I have done in the past and what will come, for what I have done in secret and in the open, for what You Know about better than I. You are my Lord, there is none worthy of worship except You.	اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَعَمْدِي وَكُلَّ ذَلِكَ عِنْدِي اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَعْلَمَ بِهِ مِنِّي وَأَنْتَ إِلَهِي لَا إِلَهَ إِلَّا أَنْتَ	10
Muslim 771	Allaahummaghfir lee maa qaddamtu wa maa akhkhartu wa maa asrartu wa maa a'lantu wa maa 'alam bihi minee. Antal muqaddim wa antal mu'akhkhir laa ilaaha illaa anta.	O Allaah forgive me for what I have done in the past and what will come, for what I have done in secret and in the open, for what You Know about better than I. You are the One who brings forward and the One who delays, there is none worthy of worship except You.	اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَعْلَمَ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا أَنْتَ	11
Bukhaaree 4440	Allaahummaghfir lee warhamnee walhiqnee birrafeeqil a'laa.	O Allaah forgive me, have mercy upon me and join me with the lofty companions.	اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَاجْعَلْنِي مِنَ الرَّافِقِينَ الْأَعْلَى	12

\*\*\*\*\*

## **Rewards for Dhikr Hadeeth in Full**

(According to the numbers in the Chart):

1. 'Abdullaah bin Mas'ood (رضي الله عنه) narrated that the Messenger of Allaah (ﷺ) said, "Whoever reads one letter of the Qur'aan, for him there is a good deed. And every good deed is rewarded ten times. I do not say that *alif*, *laam*, *meem* is one letter, but *alif* is a letter, *laam* is a letter and *meem* is a letter." (Tirmidhee 2910; Saheeh al Jaami' 4/340)
2. Sa'd bin Abee Waqqaas (رضي الله عنه) said that we were with the Messenger of Allaah (ﷺ) and he said, "Who is able to gain a thousand good deeds each day?" Somebody then asked him, "How can a person gain a thousand good deeds?" He replied, "He should say, *subhaanAllaah* one hundred times, for a thousand goods deeds will be recorded for him and a thousand bad deeds wiped away. (Muslim 2698/37).
3. Aboo Hurayrah (رضي الله عنه) narrated that Allah's Messenger (ﷺ) said, "Whoever says, '*SubhaanAllah wa bihamdihi*,' one hundred times a day, will be forgiven all his sins even if they were as much as the foam of the sea. (Muslim 2691/28).
4. Aboo Hurayrah (رضي الله عنه) narrated that Allah's Messenger (ﷺ) said, "Whoever says, '*SubhaanAllah wa bihamdihi*,' one hundred times in the morning and the evening, no-one will come on the Day of Resurrection with anything better except someone who has said the same or even more. (Muslim 2692/29).
5. Jaabir (رضي الله عنه) narrated that the Prophet (ﷺ) said, "Whoever says, *subhaanAllaah wa bi hamdihi* will have a palm tree planted for him in Paradise. (Tirmidhee and al Haakim; Saheehah 64)
6. Jaabir (رضي الله عنه) narrated that the Prophet (ﷺ) said, "Whoever says, *subhaanAllaahil 'Adheem wa bi hamdihi* will have a palm tree planted for him in Paradise. (Tirmidhee and al Haakim).
7. Abu Hurayrah (رضي الله عنه) narrated that the Prophet (ﷺ) said, "There are two expressions which are light on the tongue, but heavy on the scales and they are dear to The All Merciful (Allaah), and they are, *SubhanAllaah wa bihamdihi* and *SubhaanAllaahil 'Adheem*"
8. Aboo Maalik al Haarith bin 'Aasim al Ash'aree (رضي الله عنه) narrated that the Messenger of Allaah (ﷺ) said, "Purification is half of faith, ***alhamdulillah* fills the scales, *subhaanAllaah* and *alhamdulillah* fill what is between the heaven and the earth**, prayer is light, charity is evidence and patience is illumination. The Qur'aan is a proof for you or against you. Every person begins his day as a vendor of his soul either freeing it or ruining it." (Muslim 223; 40 Hadeeth Nawawee no. 23)
9. Same as no. 8 above.
10. a) Samurah bin Jundub (رضي الله عنه) narrated that the Prophet (ﷺ) said, "The most beloved words to Allaah are four: *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar*. It does not matter which of them you start with. (Muslim 2137/12).  
 b) Aboo Dharr (رضي الله عنه) narrated that, "Some of the companions of the Messenger of Allah (ﷺ) said : " O Messenger of Allah, the affluent have made off with the rewards, they pray as we pray they fast as we fast, and they give away in charity the superfluity of their wealth." He said: " Has not Allah made things for you to give away in charity? Every tasbeeh is a charity, every takbeer is a charity, every tahmeed is a charity, and every tahleel is a charity, to enjoin a good action is a charity, to forbid an evil action is a charity, and in the sexual act of each of you there is a charity." They said: "O Messenger of Allah, when one of us fulfils his sexual desire will he have some reward for that?" He said: "Do you not think that were he to act upon it unlawfully he would be sinning? Likewise, if he has acted upon it lawfully he will have a reward." (Muslim 1006; Nawawi's 40 Hadeeth no.25).  
 c) 'Abdullaah bin Mas'ood (رضي الله عنه) narrated that the Prophet (ﷺ) said, "I met Ibraaheem on the night of the Night Journey. He said 'O Muhammad, convey my salaam to your Ummah and inform them that Paradise has nice soil, sweet water and that it has fertile plains. Its plants are *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar*. (Tirmidhee 59/3462 & Saheehah 105; Authentic Supplications p9).  
 d) Aboo Hurayrah (رضي الله عنه) narrated that the Messenger of Allaah (ﷺ) said, "That I say, *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar* is more beloved to me than everything the sun has risen over." (Muslim 2659).  
 e) Anas bin Maalik (رضي الله عنه) narrated that the Prophet (ﷺ) passed by a tree with dry leaves. He struck it with his stick and the leaves fell off. The Prophet (ﷺ) then said, "Indeed, *alhamdulillah, subhaanAllaah, laa ilaaha illAllaah and wAllaahu akbar* make a servant's sins fall away just as the leaves of this tree have fallen away." (Tirmidhee 3533; Saheeh al Jaami' 1601).  
 f) 'Abdullaah bin Shadaad (رضي الله عنه) narrated that the Prophet (ﷺ) said, "...There is no-one better in the sight of Allaah than a believer who has been given a long life in Islaam and increases in saying takbeer, tasbeeh, tahleel and tahmeed." (Ahmad 1/163; Nisaa'ee 6/10674; Silsilah Saheehah 654).  
 g) Aboo Hurayrah (رضي الله عنه) narrated that the Messenger of Allaah (ﷺ) said, "Take your precautions." We said, "O Messenger of Allaah, from an enemy that has appeared?" He (ﷺ) said, "No, rather your precaution from the Fire." Say, *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar*. They will

come on the Day of Resurrection to save the one who said them and will take the lead. They are the everlasting good deeds.”<sup>16</sup> (Saheeh al Jaami’ 3214).

h) Abee Salamah (رضي الله عنه) said, “I heard the Messenger of Allaah (ﷺ) say, “Bakhin, bakhin”<sup>17</sup> and he indicated five with his hand. There is nothing heavier in the scales than *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar...*” (Saheeh ibn Hibbaan 3/114 no.338).

11. Aasim bin Bahdah, from Abee Saalih from Umm Haanee bint Abee Taalib (Prophet’s cousin). She said, “The Messenger of Allaah passed by me so I said, ‘I have become old and weak (or she said something similar) so order me with something I can do whilst sitting.’ He said, ‘Say ‘*subhaanAllaah*’ one hundred times, it will be equal to freeing 100 slaves from the offspring of Ismaa’eel. Say ‘*alhamdulillaah*’ one hundred times, it will be equal to giving 100 horses equipped with lights and bridles ready to fight for the sake of Allaah in charity. Say ‘*Allaahu akbar*’ one hundred times, it will be equal to 100 garlanded sacrifices. Say ‘*laa ilaaha illAllaah*’ one hundred times, (ibn Khalf, the narrator from Aasim, said I think he said) it fills what is between the heavens and the earth. And nobody comes on that day with anything better except that he does the same as you have done.” (Ahmad 6/344; Silsiah Saheehah 3/303).
12. Abou Hurayrah (رضي الله عنه) and Abee Sa’eed narrated that the Messenger of Allaah (ﷺ) said, “Allaah selected four phrases from speech: *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar*. So whoever says *SubhaanAllaah* will have 20 good deeds written for him and 20 bad deeds removed. Whoever says *Allaahu akbar* will get the same and whoever says *laa ilaaha illAllaah* will get the same. Whoever says *alhamdulillaahi rabbil ‘aalameen* of his own accord<sup>18</sup> will have 30 good deeds written for him and 30 bad deeds removed.” (Ahmad 2/303; Mustadrak 1/512; Saheeh al Jaami’ 1718).
13. “From that which you mention from the greatness and glory of Allaah are: ‘at-Tasbeeh’ [saying ‘*Subhaanallaah!*’: I declare Allaah free of all imperfections], ‘at-Tahleel’ [saying ‘*Laa ilaahah illallaah*’: None has the right to be worshipped except Allaah], and ‘at-Tahmeed’ [saying ‘*al-hamdu lillaah*’: All praise is for Allaah]: They circulate around the Throne, and they have a buzzing sound like the bees, mentioning the person who uttered them. Would one of you not like that he should have - or that he should continue to have - someone mentioning him?” (Reported by Ibn Maajah no. 3809; Ahmad 4/271; at-Tabaraanee in ‘ad-Du’aa.’ 3/1566/1693).
14. a) The Messenger of Allaah (ﷺ) said, “The everlasting righteous deeds are *SubhaanAllaah, wal hamdulillaah, wa laa ilaaha illAllaah, wAllaahu akbar, wa laa hawla wa laa quwwata illaa billaah*.”  
b) ‘Abdullaah bin Amr bin al ‘Aas (رضي الله عنه) said, that the Prophet (ﷺ) said, “There is not a person on the earth who says, ‘*laa ilaaha illAllaah, wAllaahu akbar, wa subhaan Allaah, wal hamdulillaah, wa laa hawla wa laa quwwata illaa billaah*’ except that his (minor) sins will be forgiven even if they were more than the foam on the sea.” (Tirmidhee 3460; Haakim 1/503; Saheeh al Jaami’ 5636).
15. a) Abou Moosaa al Ash’aree (رضي الله عنه) narrated that the Prophet (ﷺ) started ascending a high place or hill. A man (amongst his companions) ascended it and shouted in a loud voice, “*La ilaaha illAllaah wAllaahu Akbar*.” (At that time) Allah’s Messenger (ﷺ) was riding his mule. He said, “You are not calling upon a deaf or an absent one.” and added, “O Abou Moosaa (or, O ‘Abdullaah)! Shall I tell you a phrase from the treasures of Paradise?” I said, “Yes.” He said, “*La hawla wa laa quwwata illaa billaah*.” (Bukhaaree 4205; Muslim 2704/44). See also Authentic Supplications p9.  
b) Abou Ayyoub al Ansaaree (رضي الله عنه) narrated that the Prophet (ﷺ) passed by Ibraaheem on the Night Journey and he said, “O Muhammad, order your Ummah to increase the plants of Paradise. He said, ‘What are the plants of Paradise?’ He said, ‘*laa hawla wa laa quwwata illaa billaah*.’” (Ahmad 5/418; Saheeh ibn Hibbaan 821).  
c) Qays bin Sa’d bin ‘Ubaadah (رضي الله عنه) said that his Father offered for him to serve the Prophet (ﷺ). He said, The Prophet (ﷺ) passed by me while I was praying. He touched me with his leg and said, ‘Shall I inform you of one of the doors of Paradise?’ I said, ‘Yes.’ He said, ‘*laa hawla wa laa quwwata illaa billaah*.’” (Ahmad 2/333; Saheehah 2527).  
d) Abou Sa’eed al Khudree (رضي الله عنه) said that the Messenger of Allaah (ﷺ) said, “Increase in gaining the everlasting good deeds. It was said, ‘What are they O Messenger of Allaah?’ He said, ‘Takbeer, tahleel, tasbeeh, hamd and *laa hawla wa laa quwwata illaa billaah*.’” (Ahmad 3/75; Saheeh ibn Hibbaan 840; al Mustadrak 1/512).
16. Abou Hurayrah (رضي الله عنه) said that the Messenger of Allaah (ﷺ) said, “Whoever says *subhaanAllaah* 33 times, *alhamdulillaah* 33 times, *Allaahu akbar* 33 times and *laa ilaaha illAllaah wahdahu laa shareeka lah, laahul mulk wa laahul hamd wa huwa ‘ala kulli shayin qadeer* once, to make a total of one hundred, after each salaah will have his sins forgiven even if they were as much as the foam on the sea.” (Muslim 597/146; Authentic Supplications p51).
17. Abou Hurayrah (رضي الله عنه) narrated that some poor people came to the Prophet (ﷺ) and said, “The wealthy people will get higher grades and will have permanent enjoyment and they pray like us and fast as we do.

<sup>16</sup> See [Soorah al Kahf 18:46]

<sup>17</sup> Said when amazed at something and to show its virtue. p147 Fiqh al Ad’iyah.

<sup>18</sup> Without any specific reason or blessing to praise Allaah for (p145 Fiqh al Ad’iyah).

They have more money by which they perform the Hajj, and 'Umrah; fight and struggle in Allah's Cause and give in charity." The Prophet said, "Shall I not tell you something that if you acted upon it you would catch up with those who have surpassed you? Nobody would overtake you and you would be better than the people amongst whom you live except those who would do the same. Say "SubhaanAllaah", "Alhamdulillah" and "Allaahu Akbar" thirty three times each after every (compulsory) prayer." We differed and some of us said that we should say, "SubhaanAllaah" thirty three times and "Alhamdulillah" thirty three times and "Allaahu Akbar" thirty four times. I went to the Prophet who said, "Say, "SubhaanAllaah" and "Alhamdu lillah" and "Allaahu Akbar" all together thirty three times."

18. 'Alee (ؓ) narrated that Fatima complained about the blisters on her hand because of using a mill-stone. Allaah's Messenger gained some prisoners of war. She (Fatima) came to the Holy Prophet (ﷺ) but she did not find him (in the house). She met 'Aa'ishah and informed her (about her hardship). When Allaah's Messenger came, she ('Aa'ishah) informed him about the visit of Fatima. Allaah's Messenger came to them (Fatima and her family). They had gone to their beds. 'Alee further (reported): We tried to stand up (as a mark of respect) but Allah's Messenger said: Keep to your beds, and he sat amongst us and I felt the coldness of his feet upon my chest. He then said: May I not direct you to something better than what you have asked for? When you go to your bed, you should recite Takbeer (Allaahu Akbar) thirty-four times and Tasbeeh (Subhaan Allaah) thirty-three times and Tahmeed (alhamdulillah) thirty-three times, and that is better than a servant for you. In another narration 'Alee said: Ever since I heard this (supplication) from Allaah's Messenger, I have never abandoned it. It was said to him, "Not even on the night of Siffeen (battle of Siffeen)?" He said: "No, not even on the night of Siffeen." (Authentic Supplications p17).
19. 'Abdullaah bin 'Amr (ؓ) narrated that the Messenger of Allaah (ﷺ) said, "There are two qualities or attributes that if a Muslim maintains them, he will enter Paradise. They are easy yet few people keep them up: (The first is) to say subhaanAllaah ten times, alhamdulillah ten times and Allaahu akbar ten times after each salaah. That adds up to 150 (good deeds counting all five prayers) on the tongue and 1500 on the scales. (The second) is to say Allaahu akbar 34 times, alhamdulillah 33 times and subhaanAllaah 33 times. That would add up to 100 on the tongue and 1000 on the scales." He said for I have seen the Messenger of Allaah (ﷺ) count them with his hand. They asked, "O Messenger of Allaah! How is it that this is such an easy action, yet those who practise it are so few?" He said, "The shaytaan comes to one of you when you are ready to sleep and makes him fall asleep before saying them; and he comes to him at prayer time and reminds him of things he needs so as to make him hurry off before saying them. (Abou Daawood 5065; Tirmidhee, Nisaa'ee, Ibn Majah, Ahmad 2/205. Authentic Supplications p52.)
20. Juwayriyah (ؓ) narrated that the Prophet (ﷺ) left her place at an early time as he was about to pray the Fajr Prayer. She was in her prayer aread; he returned at doohaa time and she was still sitting. He said, "Are you still in the state I left you upon?" She said, "Yes." The Messenger of Allaah (ﷺ) said, "After I left you I repeated four phrases three times. If these were balanced against what you have said since the beginning of this day, they would outweigh them: *SubhaanAllaah 'adada khalqihi, SubhaanAllaah ridaa nafihi, SubhaanAllaah zinati 'arshihi, SubhaanAllaah midaada kalimaatihi.*" (Muslim; Authentic Supplications p7).
21. Abou Hurayrah (ؓ) narrated that Allaah's Messenger (ﷺ) said, "Whoever says: "Laa ilaaha illAllaah wahdahu la shareeka lah, lahul mulk wa lahul hamd wa huwa 'ala kulli shay'in qadeer," one hundred times will get the same reward for freeing ten slaves; and one hundred good deeds will be written in his account, and one hundred sins will be deducted from his account, and it will be a shield for him from Satan on that day till night, and nobody will be able to do a better deed except the one who does more than him." (Bukhaaree 6403).
22. 'Amr bin Maymoon (ؓ) narrated that whoever recites "Laa ilaaha illAllaah wahdahu la shareeka lah, lahul mulk wa lahul hamd wa huwa 'ala kulli shay'in qadeer," ten times will get the reward of freeing one of Ismaa'eel's descendants. Abou Ayoob narrated the same Hadith from the Prophet (ﷺ) saying, "(Whoever recites it ten times) will be as if he had freed one of Ismaa'eel's descendants. (Saheeh at Targheeb 660).
23. Abou 'Ayyaash (ؓ) narrated that the Messenger of Allaah (ﷺ) said, "Whoever says Laa ilaaha illAllaah wahdahu la shareeka lah, lahul mulk wa lahul hamd wa huwa 'ala kulli shay'in qadeer, in the morning, then it will be like freeing a slave from the descendants of Ismaa'eel, and ten good deeds will be written for him, ten bad deeds will be erased for him and he will be raised by ten degrees and he will be protected from satan until the evening; and if he says it in the evening, then there will be the like of that for him until the morning." (Abou Daawood 5077).
24. Safaa Marwah
25. 'Umar bin al Khattaab (ؓ) narrated that the Messenger of Allaah (ﷺ) said, "Whoever enters the market place and says, *laa ilaaha illAllaah wahdahu laa shareeka lah lahul mulk wa lahul hamd yuhyee wa yumeet wa huwa Hayyun laa yamoot biyadihil khair wa huwa 'ala kulli shay'in qadeer* Allaah will write down a million rewards for him and wipe away a million sins and will raise him a million degrees." (Tirmidhee 3429; Ahmad 1/47; Authentic Supplications p 110).
26. Jaabir bin 'Abdullaah (ؓ) narrated that the Messenger of Allaah (ﷺ) said, "Indeed the best du'aa is alhamdulillah and the best dhikr is laa ilaaha illAllaah." (Tirmidhee 3383; Saheeh al Jaami' 1104).
27. Same as no. 25 above.

28. Shaddaad bin Aws (رضي الله عنه) narrated that the Messenger of Allaah (ﷺ) said, "The Master Du'aa for Forgiveness is, *allaahumma anta rabbee, laa ilaaha illaa ant, khalaqtanee wa ana 'abduka, wa ana 'alaa 'ahdika wa wa'dika mastata'tu, a'oodhu bika min sharri maa sana'tu, aboo'u laka bini'matika 'alayya wa aboo'u bi dhanbee, faghfirlee fa innahu laa yaghfirudhunooba illaa ant*. Whoever says this as he enters upon the evening, then dies that night will enter Paradise; and if one says this as he enters the morning, then dies that day, he will enter Paradise." (Bukhaaree 6306; Authentic Supplications p13).
29. The Messenger of Allaah said, "Whoever says *Astaghfirullaah aladhee laa illaha illa huwal Hayy al Qayyoom wa atoobu ilayh*. Allaah will forgive him even if he fled during the advance of an army." (Aboo Dawood 1517; Tirmidhee 3577)
- 30.

فَقُلْتُ اسْتَغْفِرُوا رَبَّكُمْ إِنَّهُ كَانَ غَفَّارًا ﴿١﴾ يُرْسِلِ السَّمَاءَ عَلَيْكُمْ مِدْرَارًا ﴿٢﴾

وَيُمِدُّكُمْ بِأَمْوَالٍ وَأَنْبِيَاءٍ وَيَجْعَلْ لَكُمْ جَنَّاتٍ وَيَجْعَلْ لَكُمْ أَنْهَارًا ﴿٣﴾

"I said (to them): 'Ask Forgiveness from Your Lord; Verily, He is Oft-Forgiving; 'He will send rain to you in abundance and give you increase in wealth and children, and bestow on you Gardens and bestow on you rivers.' " [Nooh 71:10-12]

وَمَا كَانَ اللَّهُ مُعَذِّبَهُمْ وَهُمْ يَسْتَغْفِرُونَ ﴿١٧﴾

And Allâh will not punish them while they seek (Allâh's) Forgiveness. [Al Anfaal 8:33]

31. Aboo Talhah al Ansaaree (رضي الله عنه) said, "One morning the Messenger of Allaah was in a cheerful mood and looked happy. They said, 'O Messenger of Allaah, this morning you are in a cheerful mood and look happy.' He said, 'Of course, just now someone (an angel) came to me from my Lord and said, 'Whoever among your Ummah sends salaah upon you, Allaah will record for him ten good deeds and will erase for him ten evil deeds, and will raise his status by ten degrees, and will return his greeting with something similar to it.'" (Ahmad 4/29). Also see Tafseer Ibn Katheer [Soorah al Ahzaab 33:56] vol. 8 p35-42.
32. Anas (رضي الله عنه) said that the Messenger of Allaah (ﷺ) said, "Whoever hears me mentioned should send peace and blessings upon me. For whoever sends peace and blessings upon me once, Allaah sends peace and blessings upon him ten times." (Ibn Sunnee 374; Nisaa'ee in 'Aml al yawm walaylah no.61; Saheeh al Jaam'i no. 6246).
- 33.
- 'Uthmaan bin (رضي الله عنه) reported that Prophet Muhammad (ﷺ) said that (nothing will harm) the servant who recites these words three times every morning and evening:  
*Bismillaahiladthee laa yaduruha ma' ismihi shayun fil ardi wa laa fismaa' wa huwas Samee'ul aleem*. In the Name of Allaah, in whose Name nothing in the heavens and the earth can harm and He is the All Hearing, the All Knowing. (Tirmidhi; Authentic Supplications p14)
34. Aboo Mas'ood al Ansaaree (رضي الله عنه) said that the Messenger of Allaah (ﷺ) said, "Whoever reads the last two verses of Soorah al Baqarah in a night they will suffice him." (Bukhaaree 4008; Authentic Supplications p17)
- "The Messenger (Muhammad) believes In what has been sent down to Him from his Lord, and (so do) the believers. Each one believes in Allaah, His angels, His Books, and His Messengers. They say, "We make no distinction between one another of His Messengers" - and they say, "We hear, and we obey. (We seek) Your Forgiveness, Our Lord, and to You is the return (of all)."
- Allaah burdens not a person beyond his scope. He gets reward for that (good) which He has earned, and He is punished for that (evil) which He has earned. "Our Lord! Punish us not if we forget or fall into error, Our Lord! Lay not on us a burden like that which You did lay on those before us (Jews and Christians); Our Lord! Put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness. Have Mercy on us. You are Our Maulâ (Patron, Suppor-ter and Protector, etc.) and give us victory over the disbelieving people." [al Baqarah 2:285-286].
35. a) Ubayy bin Ka'b (رضي الله عنه) "O Aboo Mundhir, do you know which aayah in Allaah's Book is the greatest?" He said, I said "Allaah and His Messenger know best. He said, "O Aboo Mundhir, do you know which aayah in Allaah's Book is the greatest?" He said, say "Allaahu laa ilaaha illaa huwal Hayyul Qayyoom." He struck me on the chest and said, "May Allaah make knowledge pleasing to you Aboo al Mundhir." (Muslim 810).
- b) Aboo Hurayrah (رضي الله عنه) narrated that someone used to come to him and take from the charity which the Prophet (ﷺ) had made him responsible for. He came night after night and on the third night he said, "I will report you to the Messenger of Allaah (ﷺ)." The man said, "Let me teach you some phrases with which Allaah will benefit you from." They were very eager for good, so he said, "When you go to bed read Aayatul Kurseel completely, for there is still a guardian over you from Allaah and no shaytaan can come close to you until morning." Then he said, "He told you the truth even though he is a liar (it was a shaytaan)." (Authentic Supplications p16).
- c) Aboo Umaamah (رضي الله عنه) said that the Messenger of Allaah (ﷺ) said, "Whoever reads Aayatul Kurseel after each of the five daily prayers, nothing will prevent him from entering Paradise except death." (Nisaa'ee 6/9928; Saheehah 972).

"Allah! Laa ilaaha illaa Huwa (none has the Right to be worshipped but He),  
the ever living, the one who sustains and protects All that exists.  
Neither slumber, nor sleep overtake Him.  
To Him belongs whatever is in the heavens and whatever is on earth.  
Who is He that can intercede with Him except by His Permission?  
He knows what happens to them (his creatures) in this world, and what will happen to them in the Hereafter.  
And they will never encompass anything of His knowledge except that which He wills.  
His Kursee extends over the heavens and the earth,  
and He feels no fatigue in guarding and preserving them.  
And He is the Most High, the Most Great. [This Verse 2:255 is called Aayat-ul-Kursee.]

36. Mu'adh bin 'Abdillaah bin Khubayb (رضي الله عنه) narrated on the authority of his Father who said that we went out on a very dark and rainy night searching for the Messenger of Allaah (ﷺ) so that he could pray for us, then I found him and he said, "Recite." So I said, "What should I recite?" He said, "Recite *Qul huwAllaahu ahad* and the last two soorahs (*al mu'awathatayn*) in the evening and the morning, three times for it will suffice you for everything." (Aboo Daawood 5082; Saheeh al Jaami' 4406).

"Upon going to his bed each night, the Messenger of Allaah (ﷺ) would bring his palms together. Then he would spittle in them, then he would recite into them "*Qul huwAllaahu ahad*", "*Qul a'oodhu birabbil falaq*" and "*Qul a'oothu bi rabbil naas*" (Suwar Ikhlâas, Falaq and Naas). Then he would wipe with them whatever he was able to of his body, he would begin with his head and face and the front of his body. He would do this three times." (Authentic Supplications p16)

**Soorah al Ikhlâas:** "Say (O Muhammad (Sal-Allaahu 'alayhe Wa Sallam)): "He is Allâh, (the) One. "Allâh-us-Samad (the Self-Sufficient master, whom All creatures need, He neither eats nor drinks). "He begets not, nor was He begotten;"And there is none co-equal or comparable unto him."

**Soorah al Falaq:** "Say: "I seek Refuge with (Allâh) the Lord of the daybreak," "From the evil of what He has created;"And from the evil of the darkening (night) as it comes with its darkness; (or the moon as it sets or goes away). "And from the evil of the witchcrafts when they blow in the knots," "And from the evil of the envier when He envies."

**Soorah an Naas:** "Say: "I seek refuge with (Allâh) the Lord of mankind," "The king of mankind," "The Ilâh (God) of mankind," "From the evil of the whisperer (Devil who whispers evil in the hearts of men) who withdraws (from his whispering In one's heart after one remembers Allâh)," "Who whispers in the breasts of mankind," "Of jinns and men."

37. Farwah bin Nawfal al Ashja'ee (رضي الله عنه) narrated from his Father that he said...The Prophet (ﷺ) said, "What did you come for?" He said, I said, "Teach me what to say upon going to sleep." He said, "Upon going to sleep read "*Qul yaa ayuhal kaafiroon*" (Soorah al Kaafiroon) then go to sleep upon completing it for it is a freedom from shirk." (Ahmad 5/456; Saheeh at Targheeb 604).

**Soorah al Kaafiroon:** "Say (O Muhammad (Sal-Allaahu 'alayhe Wa Sallam) to these Mushrikûn and Kâfirûn): "O Al-Kâfirûn (disbelievers In Allâh, in His Oneness, in His angels, in His Books, in His Messengers, in the Day of Resurrection, and in Al-Qadar, etc.)!" "I Worship not that which You worship," "Nor will You Worship that which I worship." "And I shall not Worship that which You are worshipping." "Nor will You Worship that which I worship." "To You be Your religion, and to me my Religion (Islâmic Monotheism)."



## References Used:

1. *Authentic Supplications of the Prophet (ﷺ)* by Waleed K.S. Al-Essa.1996.
2. *Fiqh al Ad'iyah wal Adhkaar* by 'Abdur Razzaaq bin 'Abdul Muhsin al Badr. vols 1-4. 1426AH/2005CE.
3. *Al 'ilm al hayyib fee Sharh al Kalim at Tayyib* by Aboo Muhammad Mahmood bin Ahmad bin Moosaa Badr ad Deen al Aynee.(died 855AH) Maktabah ar Rushd. 1426AH/2005CE.
4. *The Translation of the Meanings of Sahih Al-Bukhari*. Darussalam. 1997. Vols. 1 & 7
5. *Summarized Sahih Muslim*. Darussalam. 2000. Vol. 2.